Ch 10/11/13 Unit 7 Safety &Body mechanics Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date Assignment

\_\_\_\_\_\_\_\_\_\_\_ Key terms. Read pp. 151-162. Questions 1-21.

\_\_\_\_\_\_\_\_\_\_\_ Read pp. 163-178. Questions 22-51.

\_\_\_\_\_\_\_\_\_\_\_ Read pp. 182-196. Key terms. Questions 1- 28.

\_\_\_\_\_\_\_\_\_\_\_ Read pp. 233 – 239. Key terms. Questions 1 - 10

\_\_\_\_\_\_\_\_\_\_\_ Test.

Define Key Terms

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| Suffocate |  |
| Coma |  |
| Electric Shock |  |
| Disaster |  |
| Workplace violence |  |
| Hazardous Substance |  |
| MSDS |  |
| RACE |  |
| Impaired |  |

1. List 7 factors that increase a person’s risk for accidents and briefly describe how they

increase the risk:

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1. How do the following changes (related to aging) cause the elderly to be accident-prone?

Movement & balance:

Sensitivity to heat & cold:

Sense of hearing, vision, smell:

Level of awareness, memory, & judgment:

1. When do you need to identify a person?
2. Where do most falls occur? Why?
3. A major reason for falling is:
4. At what time of day do most falls occur?
5. What is the age group of most people who injure themselves by falling?
6. Why are shift changes a likely time for falls to occur?
7. Read “Safety Measures to Prevent Falls” (p.157). Write a summary statement for each category.

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| Basic needs: |
| Bathrooms: |
| Floors: |
| Furniture: |
| Beds/equipment: |
| Lighting: |
| Shoes/clothing: |
| Signal lights/alarms: |
| Checking on the person: |

1. Which patients require side rails?
2. What are the risks of side rails?
3. Who considers side rails a restraint and why?
4. What must be obtained before raising a resident’s side rails?
5. Why might some persons prefer to have the bed rails up?
6. What is the “4-inch rule”?
7. Where would you expect to find hand rails and grab bars?
8. When must bed wheels be locked (2 answers)?
9. Really, when is it okay to unlock them?
10. Are burns a major cause of death? Who is at higher risk?
11. Read “Safety Measures to Prevent Burns.” Summarize each section (p.161).

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| Eating/drinking: |
| Water: |
| Applinaces |
| Smoking: |

1. Read “Safety Measures to Prevent Poisoning (p. 162).” Write down 3 measures that apply to the elderly.

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1. Define suffocation and list some common causes:
2. Read “Safety Measures to Prevent Suffocation (p. 163).” Write down 3 measures that apply to the elderly.

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1. Warning signs of faulty electrical equipment include:
2. What is a ground? Why is it used?
3. What should you do with broken equipment?
4. What should you do if you receive a shock?
5. Read the list of Safety Measures for Using Electrical Equipment. Write down 2 measures that seem ridiculously obvious.

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1. Summarize the safety measure for each part of wheelchair listed (p. 167).

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| Brakes: |
| Footplates: |
| Stretcher siderails: |

1. What agency is concerned with hazardous materials and safety?
2. Briefly describe what information is contained in a MSDS sheet:
3. How are MSDS sheets used?
4. Where are they located?
5. Who provides hazardous substance training?
6. Three things needed for a fire to occur are:

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1. List 5 safety precautions where oxygen is used.

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1. Should a person using oxygen smoke? Why or why not?
2. Read “Fire Prevention Measures (p. 170).” Summarize recommendations for the following:

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| Smoking: |
| Flammable liquids: |

1. If your clothes are on fire what should you do?
2. How should you prepare for fire emergencies before they occur?
3. What does RACE stand for?
4. What happens to elevators during a fire?
5. Describe the procedure for using a fire extinguisher:
6. How do you evacuate ambulatory patients?
7. What is included a disaster plan?
8. List 6 types of workplace violence listed on page 174.

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1. “According to OSHA, more assaults occur in \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ than in other industries.” On the following page, list the 5 most convincing risk factors that put nurses & nursing assistants at risk for workplace violence.

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1. Read “Measures to Prevent/Control Workplace Violence.” Write down 3 things agencies can implement & 3 things individual staff members should do to prevent workplace violence.

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| Agency measures | Measures for Individual staff members |
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1. Describe 4 safety measures to take when dealing with an agitated/aggressive person.

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1. Read “Personal Safety Practice.” Write down 3 measures that you don’t already practice.

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1. Who are risk managers and what do they do?

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**Key terms Chapter 11**

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| Restraint |  |
| Active physical restraint |  |
| Passive physical restraint |  |
| Chemical restraint |  |
| False imprisonment |  |
| Strangulation |  |

1. Do restraints prevent falls? Why or why not?
2. List 3 agencies that regulate restraint use.

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1. Read “ Risk and Restraint use.” List 3 risk factors you did not know before you read.

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7.What is the most serious risk with use of restraints?

8. When is it permissible to use restraints?

9. Read box “Alternatives to restraints.” Write down 3 alternatives that were new to you.

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1. Give 2 examples of some barriers to freedom of movement.

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1. Describe chemical restraints.
2. How should drugs be used to help a confused person?

What should these drugs not do?

1. What does “ If restraint is used, the least restrictive method is used” mean?
2. Define “active physical restraint.”

Give an example:

1. Define “passive physical restraint.”

Give an example:

19. Fill in the blanks about the safety guidelines for use of restraints(pp.186-191).

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| 1. Restraints are used to protect the person, not for staff convenience or to \_\_\_\_\_\_\_\_\_\_\_\_ the person. |
| 1. Restraints require a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ order. |
| 1. The \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ method is used. |
| 1. Restraints are only used after \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_ to protect the person. |
| 1. Unnecessary restraint is \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| 1. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is required. |
| 1. Manufacturer’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are followed. |
| 1. The person’s \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ must be met. |
| 1. Restraints are applied c enough help to protect the person & staff from \_\_\_\_\_\_\_\_. |
| 1. Restraints can increase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & agitation. |
| 1. Quality of life must be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| 1. Person must be observed at least q \_\_\_\_\_\_ min, or more often, as specified in care plan. |
| 1. The restraint is removed, person is repositioned, & basic needs are met at least q \_\_\_\_\_. |

1. List 8 things a CNA might record about a person in restraints?

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1. When are the leather restraints used?
2. Why are wrist restraints or mitt restraints used?
3. Why are restraints tied to the bed and not the side rails?
4. Also describe the application of a vest and jacket restraint.
5. Why are vest restraints always crossed in front?
6. Where is a belt restraint applied?
7. What is greatest risk when using a vest restraint?
8. How does a person with dementia usually respond to the application of restraints?

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**Key terms**

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| Body mechanics |  |
| Base of support |  |
| Body alignment |  |
| Posture |  |

1. Why is good body alignment important?
2. Why is a good base of support important?
3. What does standing with your feet apart do to your base of support?
4. What muscles should be used to move and lift heavy objects? Why?
5. What kind of a risk are back injuries for health care workers?
6. What kind of disorder is this considered?
7. Give an example of good body mechanics and bad body mechanics:
8. Read Rules for Body Mechanics. Fill in the blanks:
   1. Keep your body in good \_\_\_\_\_\_\_\_\_\_ c a wide \_\_\_\_\_\_ \_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   2. Use stronger & larger \_\_\_\_\_\_\_\_\_\_ of shoulders, upper arms, thighs, & back.
   3. Keep objects \_\_\_\_\_\_\_\_ to your body when you lift, move, or carry them.
   4. Avoid unnecessary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & reaching. Raise the \_\_\_\_\_ so it is close to your \_\_\_\_\_\_\_\_\_.
   5. \_\_\_\_\_\_\_\_\_ your work area to prevent unnecessary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   6. Push, slide or pull heavy objects rather than \_\_\_\_\_\_\_\_\_\_ the. \_\_\_\_\_\_\_\_\_\_ is better than pulling.
   7. Move & turn your \_\_\_\_\_\_ in the direction of the turn, instead of \_\_\_\_\_\_\_\_\_ your body.
   8. Get \_\_\_\_\_ from a co-worker.
   9. Bend your \_\_\_\_\_ & \_\_\_\_\_ to lift heavy objects from the floor.
   10. Do not lift objects higher than \_\_\_\_\_\_\_\_ level.
9. Define MSDs.
10. Define ergonomics:
11. According to OSHA, complete these statements to identify activities associated c back injuries in LTC facilities.
    1. Moving a person who is \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ on others for care.
    2. Moving a person who is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
    3. Transferring a person who is \_\_\_ \_\_\_\_ \_\_\_\_\_\_\_\_\_ to the bed or chair.
    4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a person in bed or chair.
    5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a person from bed to chair or from chair to bed.
    6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a person from chair to chair (includes to & from WC & toilet).
    7. Bending to \_\_\_\_\_\_\_\_\_ a person or \_\_\_\_\_\_\_\_\_\_ linens.
    8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ a person.
    9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ an incontinence product.
    10. Trying to stop a person from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.